

3:07am

Thursday, (35)  
January 4th 2024

## Yawmal kham

Book 10: Full synergistic  
'existential' detox

1. One must regularly detox  
their

- a) spirit (with scriptures) <sup>ie: Quran</sup>
- b) mind (with memorising,  
strategic thinking,  
systems thinking, memorising  
and understanding the in and  
out of religious scriptural  
texts - by the help, assistance  
and will of Allah)
- c) emotions - one must  
constantly seek the